

## Problem Areas In Diabetes (PAID) Questionnaire

**INSTRUCTIONS:** Which of the following diabetes issues are currently a problem for you?

Circle the number that gives the best answer for you. Please provide an answer for each question.

	Not a problem  τ	Minor problem  τ	Moderate problem  τ	Somewhat serious problem  τ	Serious problem  τ
1. Not having clear and concrete goals for your diabetes care? .....	0	1	2	3	4
2. Feeling discouraged with your diabetes treatment plan? .....	0	1	2	3	4
3. Feeling scared when you think about living with diabetes? .....	0	1	2	3	4
4. Uncomfortable social situations related to your diabetes care (e.g., people telling you what to eat)? .....	0	1	2	3	4
5. Feelings of deprivation regarding food and meals? .....	0	1	2	3	4
6. Feeling depressed when you think about living with diabetes? .....	0	1	2	3	4
7. Not knowing if your mood or feelings are related to your diabetes? .....	0	1	2	3	4
8. Feeling overwhelmed by your diabetes? .....	0	1	2	3	4
9. Worrying about low blood sugar reactions? .....	0	1	2	3	4
10. Feeling angry when you think about living with diabetes? .....	0	1	2	3	4
11. Feeling constantly concerned about food and eating? .....	0	1	2	3	4
12. Worrying about the future and the possibility of serious complications? .....	0	1	2	3	4
13. Feelings of guilt or anxiety when you get off track with your diabetes management? .....	0	1	2	3	4
14. Not "accepting" your diabetes? .....	0	1	2	3	4
15. Feeling unsatisfied with your diabetes physician? .....	0	1	2	3	4
16. Feeling that diabetes is taking up too much of your mental and physical energy every day? .....	0	1	2	3	4
17. Feeling alone with your diabetes? .....	0	1	2	3	4
18. Feeling that your friends and family are not supportive of your diabetes management efforts? .....	0	1	2	3	4
19. Coping with complications of diabetes? .....	0	1	2	3	4
20. Feeling "burned out" by the constant effort needed to manage diabetes? .....	0	1	2	3	4